



Lyme Disease

Signs and symptoms of Lyme disease can vary from person to person after being bitten by an infected blacklegged tick (deer tick) or western blacklegged tick.

Lyme disease occurs in stages, and symptoms can overlap. In some cases, the disease may present in a later stage without earlier signs.

Early signs and symptoms may include:

- **Rash***
- **Fever, chills, fatigue**
- **Headache, swollen lymph nodes**
- **Muscle and joint aches**

* This rash, called erythema migrans, is the most reported sign of Lyme disease. It typically begins at the site of the tick bite and slowly expands over several days. It can:

- Be circular or oval-shaped
- Look like a target or bull's eye
- Go unnoticed, especially on dark skin or hard-to-see areas

Later symptoms (days to months after a bite) may include:

- More rashes
- Severe headaches, dizziness
- Migratory joint, bone, tendon, or muscle pain
- Arthritis (knees, ankles, elbows, wrists)
- Memory loss, difficulty thinking clearly
- Nerve pain, facial paralysis, irregular heartbeat
- Brain and spinal cord swelling, eye problems
- Rarely, death due to heart complications

Masking

During periods of high respiratory virus transmission (fall and winter), Ontario healthcare settings must have masking policies in place for staff and patients.

Key points:

- Masks are recommended for asymptomatic patients and visitors
- Healthcare providers should use medical masks, eye protection, gloves, and gowns when caring for patients with acute respiratory infection symptoms
- N95 respirators are recommended for aerosol-generating medical procedures
- Facilities can adopt universal masking policies year-round

West Nile Virus

No symptoms in most people. Most people (8 out of 10) infected with West Nile virus do not develop any symptoms.

Febrile illness (fever) in some people. About 1 in 5 people who are infected develop a fever with other symptoms such as headache, body aches, joint pains, vomiting, diarrhea, or rash. Most people with febrile illness due to West Nile virus recover completely, but fatigue and weakness can last for weeks or months.

Serious symptoms in a few people. About 1 in 150 people who are infected develop a severe illness affecting the central nervous system such as encephalitis (inflammation of the brain) or meningitis (inflammation of the membranes that surround the brain and spinal cord).

- Symptoms of severe illness include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis.
- Severe illness can occur in people of any age. However, older people are at greater risk for severe illness if they are infected. People with certain medical conditions, such as cancer, diabetes, hypertension, kidney disease, and people who have received organ transplants, are also at greater risk.
- Recovery from severe illness might take several weeks or months. Some effects might be permanent.

Environmental Cleaning and Disinfecting

As we approach the outbreak season, it's important to keep up to date and current with how to properly clean and disinfect the environment where we live and work in.

[COVID-19: Cleaning and disinfecting - Canada.ca](https://www.canada.ca/en/public-health/services/covid-19/cleaning-and-disinfecting.html)
[Environmental Cleaning | Public Health Ontario](https://www.ontario.ca/page/environmental-cleaning)





IPAC Week 2025

Infection Prevention and Control Canada celebrates IPAC Week as an opportunity to highlight the important of infection prevention and control, and to recognize the ongoing work that helps keep our communities safe.

We're excited to celebrate IPAC week (October 21-25) with a series of activities to raise awareness and strengthen infection prevention and control practices across our community.

The theme this year is Identifying Gaps. Gaps may be defined as the difference between "the way things are" and the "way they should be".

Upcoming Sessions/Activities:

Virtual Session:

Title: Identifying and Bridging Gaps.

Date: Tuesday, October 21, 2025

Time: 1:00 pm to 1:45 pm

Location: Zoom

Formal invite and registration link to follow.

Daily Question of the Day:

Each day during IPAC Week, we'll send out an IPAC question of the Day directly to your inbox. These quick activities will give you the chance to test your knowledge, learn something new, and strengthen your skills.

Sign up to our mailing list to receive the questions.

Drop-In Q&A Session with our IPAC Consultant:

Date: Thursday, October 23, 2025

Time: 11:30 am to 12:00 pm

Location: Zoom

Formal invite and registration link to follow.

This session will give you the opportunity to directly connect with our IPAC consultant. You'll have the chance to bring your questions, share challenges, and connect. Join us and get practical answers and guidance to support your work.

Catch up on past IPAC webinars

Did you miss a past session or want to revisit a topic? Our past webinar recordings are available on our IPAC page.

[Click here to view.](#)

The Human Library

Have you signed up yet to participate in the Human Library®? The Human Library creates a safe space for dialogue between human "books" and participants ("readers"). The "Books" openly share their diverse cultural backgrounds, lifestyles, and life experiences and prompt an enriching and respectful conversation with readers. In short, the library lets you borrow people instead of books and it just may help bridge our divisions.

[Click here to register.](#)

